

Do not eat northern pikeminnow. Limit largemouth and smallmouth bass to two meals per month.

Check for local fish advisories at: www.doh.wa.gov/fish



For more information visit:

www.doh.wa.gov/fish

or call TOLL FREE: 1-877-485-7316 TDD LINE: 1-800-833-6388

#### Concerned about toxics in the environment?

Visit: www.ecy.wa.gov/toxics

Available in other formats for persons with disabilities. DOH 334-096 December 2009

Do you fish in Washington State?

## Fishing for the safest seafood?



### Look for this symbol.

Are you pregnant, planning to become pregnant, nursing or feeding young children, or concerned about toxics in fish? Use this guide to help you make healthy choices for you and your family.



Be Smart, Choose Wisely,

Seafood is good for your heart and brain. It is low in fat, high in protein, and rich in nutrients and omega-3s.

This guide will help you gain these health benefits while protecting you from contaminants found in fish.



## 2-3 MEALS PERWEEK



# OR 1 MEAL





Follow this advice to reduce your exposure to mercury, PCBs, and other toxics:

- Anchovies Butterfish Catfish Clams
- Cod (Pacific) (Atlantic)
- Crab (Blue, King, Snow) (US, CAN) (imported King)
- Crab Imitation
  Crayfish (imported farmed
- Flounder/Sole
- Herring
- Mackerel (canned)
- ♥ Oysters Pollock/Fish sticks

- ▼ <u>Salmon</u> (fresh, canned)▼ Chinook (King)
  - (coastal, AK)

    Chum (Keta)
  - ♥ Coho (Silver)
  - ▼ Cono (Silver▼ Farmed \*
  - ♥ Pink (Humpy)
  - ♥ Sockeye (Red)
- Sardines

Scallops Shrimp/Prawns (US, CAN) (Imported)

Squid/Calamari Tilapia (US, Central/South America) (China, Taiwan)

▼ Trout Tuna (canned light)

- ♥ Black sea bass Chilean sea bass
- ♥ Chinook salmon (Puget Sound)

Croaker (white, Pacific)
Halibut (Pacific) (Atlantic
Lobster (US, CAN)

(imported Spiny Caribbean)

Mahi mahi (imported longline)

Monkfish
Rockfish/Red snapper
(trawl-caught)

- ♥ Sablefish/Black cod
- ▼ Tuna, Albacore (fresh, canned white) (WA, OR, CA troll/pole) (longline – except Hawaii)

Women who are or may become PREGNANT, NURSING MOTHERS, and CHILDREN should <u>NOT</u> eat:

Mackerel (King) Marlin (imported) Shark

Swordfish (imported)
Tilefish (Gulf of Mexico,
South Atlantic)

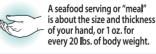
Tuna Steak
Bluefin
Bigeye
(imported longline)
Yellowfin

♥ Highest in healthy omega-3 fatty acids

ORANGE TEXT: Overfished, farmed, or caught using methods harmful to marine life and/or environment

\* For environmental and health information: www.doh.wa.gov/fish/farmedsalmon

Fish not listed? 1-877-485-7316



160 lb. Adult = 8 oz. / 80 lb. Child = 4 oz.



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